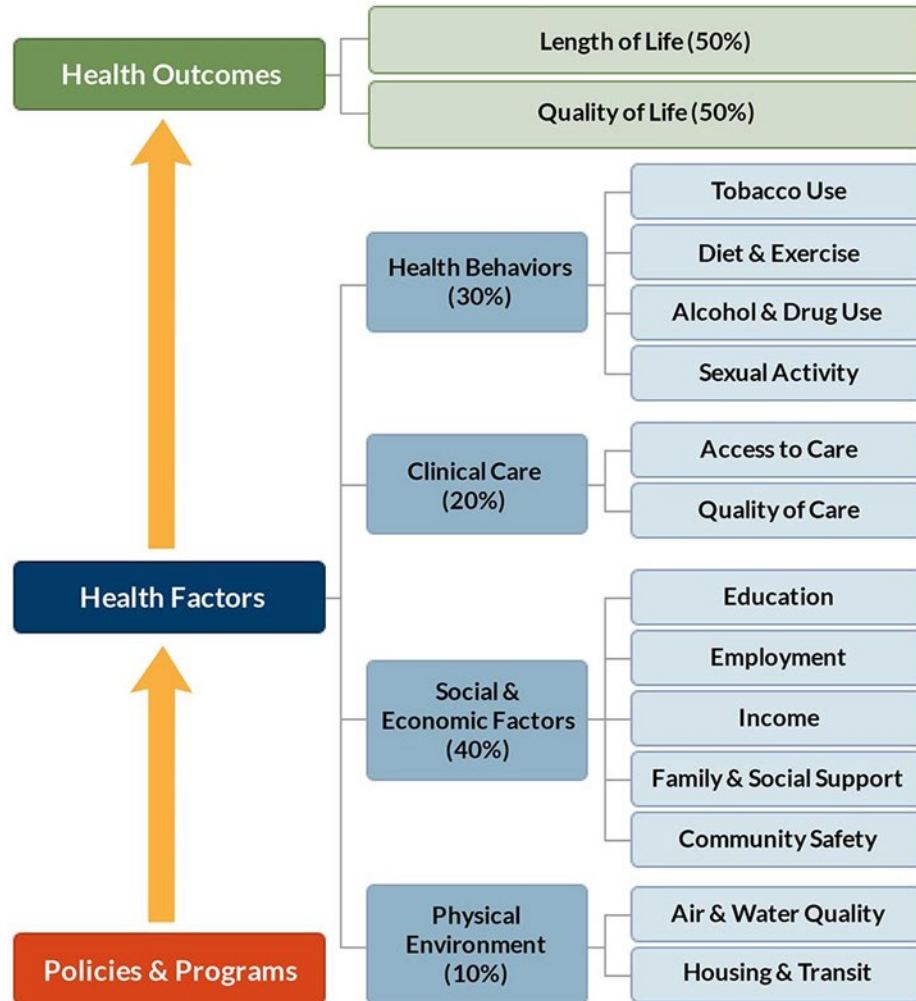


Health and Health Care in Washoe County – 2023

Health and Health Care in Washoe County – 2023 utilizes county-level data from the Robert Wood Johnson Foundation’s *County Health Rankings and Roadmaps* project. This county profile was produced by the Office of Statewide Initiatives at the University of Nevada, Reno School of Medicine. The report includes the most current data available on health outcomes, as well as a wide-range of data on health factors influencing those outcomes. Data for Washoe County are benchmarked against state and national averages to highlight areas of strength and weakness in Washoe County.



The County Rankings project emphasizes that a wide range of factors influence how long and how well we live, from education and income, to what we eat and how we move, to the quality of our housing and the safety of our neighborhoods. The model and associated rankings distinguish indicators or measures of health outcomes or today’s health, as well as measures of health factors influencing tomorrow’s health such as health behaviors, access to clinical care, social and economic determinants, and the physical environment.

Table 1: Health Outcomes – Mortality and Length of Life in Washoe County

| Health Outcomes Indicator | Washoe County | Nevada | United States | Nevada Minimum | Nevada Maximum |
|--|---------------|--------|---------------|----------------|----------------|
| Premature death – Years of potential life lost before age 75 per 100,000 population | 7,273 | 7,493 | 7,300 | 5,870 | 13,845 |
| COVID-19 age-adjusted mortality – All deaths occurring between Jan 1, 2020 and Dec 31, 2020 due to COVID-19, per 100,000 pop. | 80.0 | 88.0 | 85.0 | 100.0 | 184.0 |
| Life expectancy – Average number of years a person can expect to live | 78.2 | 78.1 | 78.5 | 71.6 | 82.9 |
| Premature age-adjusted mortality – Number of deaths among residents under age 75 per 100,000 population | 357.4 | 379.3 | 360.0 | 279.0 | 684.9 |
| Child mortality – Number of deaths among residents under age 18 per 100,000 population | 50.9 | 47.5 | 50.0 | 33.2 | 81.6 |
| Infant mortality – Number of infant deaths (within 1 year) per 1,000 live births | 5.9 | 5.5 | 6.0 | 5.3 | 8.2 |

Source: County Health Rankings and Roadmaps www.countyhealthrankings.org

Table 2: Health Outcomes – Morbidity and Quality of Life in Washoe County

| Health Outcomes Indicator | Washoe County | Nevada | United States | Nevada Minimum | Nevada Maximum |
|---|---------------|--------|---------------|----------------|----------------|
| Poor or fair health – Percentage of adults reporting fair or poor health | 14.2 | 16.7 | 12.0 | 12.3 | 21.8 |
| Poor physical health days – Average number of physically unhealthy days reported in past 30 days | 3.6 | 3.9 | 3.0 | 3.3 | 4.7 |
| Poor mental health days – Average number of mentally unhealthy days reported in past 30 days | 5.2 | 5.6 | 4.4 | 5.1 | 6.2 |
| Low birthweight – Percentage of live births with low birthweight (< 2500 grams) | 8.1 | 8.7 | 8.0 | 6.5 | 12.5 |
| Frequent physical distress – Percentage of adults reporting 14 or more days of poor physical health per month (age-adjusted) | 10.4 | 12.6 | 9.0 | 9.4 | 14.7 |
| Frequent mental distress – Percentage of adults reporting 14 or more days of poor mental health per month (age-adjusted) | 15.7 | 18.2 | 14.0 | 15.2 | 19.0 |
| Diabetes prevalence – Percentage of adults aged 20 and above with diagnosed diabetes (age-adjusted) | 8.4 | 9.9 | 9.0 | 8.0 | 12.5 |
| HIV prevalence – Number of people aged 13 years and older living with a diagnosis of HIV infection per 100,000 population | 266.2 | 418.5 | 380.0 | 51.4 | 483.9 |

Source: County Health Rankings and Roadmaps www.countyhealthrankings.org

Table 3: Health Behaviors in Washoe County

| Health Behavior Indicator | Washoe County | Nevada | United States | Nevada Minimum | Nevada Maximum |
|---|---------------|--------|---------------|----------------|----------------|
| Tobacco Use | | | | | |
| Adult smoking – Percentage of adults who are current smokers | 17.4 | 14.1 | 16.0 | 16.6 | 25.4 |
| Diet and Exercise | | | | | |
| Adult obesity – Percentage of adults that report a body mass index (BMI) \geq 30 | 26.9 | 28.1 | 32.0 | 26.9 | 37.2 |
| Food environment index – index of factors that contribute to a health food environment (0-10) | 7.8 | 7.2 | 7.0 | 3.6 | 8.6 |
| Physical inactivity – Percentage of adults aged 20 and over reporting no leisure-time physical activity | 20.4 | 24.9 | 22.0 | 18.8 | 28.9 |
| Access to exercise opportunities – Percentage of population with adequate access to locations for physical activity | 88.3 | 91.5 | 84.0 | 9.6 | 98.6 |
| Food insecurity – Percentage of population who lack adequate access to food | 11.2 | 11.0 | 12.0 | 9.1 | 16.3 |
| Limited access to healthy foods – Percentage of population who are low-income and do not live close to a grocery store | 6.8 | 6.1 | 6.0 | 0.1 | 43.7 |
| Alcohol and Drug Use | | | | | |
| Excessive drinking – Percentage of adults reporting binge or heavy drinking | 22.6 | 19.9 | 19.0 | 19.3 | 24.4 |
| Alcohol-impaired driving deaths – Percentage of driving death with alcohol involvement | 37.2 | 27.3 | 27.0 | 5.0 | 42.9 |
| Drug overdose death – Number of drug poisoning deaths per 100,000 population | 27.9 | 23.4 | 23.0 | 11.4 | 31.4 |
| Motor vehicle crash deaths – Number of motor vehicle crash deaths per 100,000 population | 11.4 | 11.1 | 12.0 | 9.2 | 32.6 |
| Sexual Activity | | | | | |
| Sexually-transmitted infections – Number of newly diagnosed chlamydia cases per 100,000 population | 535.9 | 478.5 | 481.3 | 104.1 | 535.9 |
| Teen births – Number of births per 1000 female aged 15 to 19 | 22.9 | 22.6 | 19.0 | 11.3 | 38.9 |
| Other Health Behaviors | | | | | |
| Insufficient sleep – Percentage of adults who report fewer than 7 hours of sleep on average (age-adjusted) | 33.1 | 35.3 | 33.0 | 33.1 | 38.1 |

Source: County Health Rankings and Roadmaps www.countyhealthrankings.org

Table 4: Clinical Care in Washoe County

| Clinical Care Indicator | Washoe County | Nevada | United States | Nevada Minimum | Nevada Maximum |
|---|---------------|---------|---------------|----------------|----------------|
| Access to Care | | | | | |
| Uninsured – Percentage of population under age 65 without health insurance | 13.3 | 13.8 | 10.0 | 7.7 | 18.5 |
| Primary care physicians – Ratio of population to primary care physicians | 1,230:1 | 1,696:1 | 1,310:1 | 886:1 | 6,573:1 |
| Dentists – Ratio of population to dentists | 1,438:1 | 1,559:1 | 1,380:1 | 743:1 | 5,798:1 |
| Mental health providers – Ratio of population to mental health providers | 293:1 | 416:1 | 340:1 | 270:1 | 2,899:1 |
| Uninsured adults – Percentage of adults under age 65 without health insurance | 15.5 | 16.1 | 12.0 | 7.8 | 19.3 |
| Uninsured children – Percentage of children under age 19 without health insurance | 7.8 | 8.0 | 5.0 | 6.6 | 16.5 |
| Other primary care providers – Ratio of population to primary care providers other than physicians | 2,900:1 | 988:1 | 810:1 | 628:1 | 3,371:1 |
| Quality of Care | | | | | |
| Preventable hospital stays – Number of hospital stays for ambulatory-care sensitive conditions per 1000 Medicare enrollees | 2,288 | 2,886 | 2,809 | 799 | 4,425 |
| Mammography screening – Percentage of female Medicare enrollees aged 67-69 that receive mammography screening | 37.0 | 31.0 | 37.0 | 16.0 | 46.0 |
| Flu Vaccines – Percentage of population which are vaccinated | 49.0 | 41.0 | 51.0 | 15.0 | 50.0 |

Source: County Health Rankings and Roadmaps www.countyhealthrankings.org

Table 5: Social and Economic Factors in Washoe County

| Social and Economic Indicator | Washoe County | Nevada | United States | Nevada Minimum | Nevada Maximum |
|--|---------------|---------|---------------|----------------|----------------|
| Education | | | | | |
| High school completion – Percentage of adults ages 25 and over with a high school diploma or equivalent | 88.5 | 87.0 | 89.0 | 80.2 | 95.1 |
| Some college – Percentage of adults aged 25-44 with some post-secondary education | 64.4 | 59.5 | 67.0 | 38.3 | 67.2 |
| High school graduation – Percentage of ninth-grade cohort that graduates in four years | 85.0 | 83.4 | 87.0 | 77.0 | 92.5 |
| Disconnected youth – Percentage of teens and young adults ages 16-19 who are neither working nor in school | 7.8 | 9.9 | 7.0 | 7.8 | 12.9 |
| Reading scores – Average grade level performance for 3rd graders on English Language Arts standardized tests | 2.9 | 2.9 | 3.1 | 2.5 | 3.3 |
| Math scores – Average grade level performance for 3rd graders on math standardized tests | 2.8 | 2.8 | 3.0 | 2.3 | 3.1 |
| School segregation – Index ranging from 0 (least segregated) to 1 (most segregated) by race and ethnicity in school versus community | 0.11 | 0.15 | 0.25 | 0.01 | 0.35 |
| School funding adequacy – The average gap in dollars between actual and required spending per pupil among public school districts | (633) | (3,148) | 1,062 | (4,473) | 14,791 |
| Employment | | | | | |
| Unemployment – Percentage of population aged 16 and older unemployed but seeking work | 4.3 | 7.2 | 5.0 | 2.6 | 8.3 |
| Income | | | | | |
| Children in poverty – Percentage of children under the age of 18 in poverty | 11.9 | 18.8 | 17.0 | 9.5 | 27.1 |
| Income inequality – Ratio of household income at the 80 th percentile to income at the 20 th percentile | 4.2 | 4.4 | 4.9 | 3.0 | 6.6 |
| Gender pay gap – A ratio of women's median earnings to men's median earnings presented as "cents on the dollar." | 0.82 | 0.85 | 0.81 | 0.35 | 0.91 |
| Median household income – The income where half of households in a county earn more and half of households earn less | 76,123 | 66,194 | 69,700 | 52,412 | 85,773 |
| Living wage – Living wage is the hourly wage needed to cover basic household expenses | 47.6 | 46.5 | 45.0 | 39.4 | 53.4 |
| Children eligible for free or reduced-price lunch – Percentage of children enrolled in public schools that are eligible for FRP lunch | 46.4 | 73.5 | 53.0 | 29.3 | 100.0 |
| Family and Social Support | | | | | |
| Children in single-parent households – Percentage of children that live in a household headed by single parent | 24.7 | 27.7 | 25.0 | 14.3 | 41.8 |
| Social associations – Number of membership associations per 10,000 population | 6.4 | 4.2 | 9.1 | 3.4 | 9.1 |
| Residential segregation: Black/White – Index of dissimilarity where higher values indicate greater residential segregation | 55.8 | 48.8 | 63.0 | 6.0 | 78.5 |
| Residential segregation: Non-white/White – Index of dissimilarity where higher values indicate greater residential segregation | – | – | – | – | – |
| Childcare cost burden – Childcare costs for a household with two children as a percent of median household income | 26.5 | 30.7 | 27.0 | 22.2 | 39.0 |
| Childcare centers – Number of childcare centers per 1,000 population under 5 years old | 0.3 | 2.9 | 7.0 | 0.3 | 8.2 |
| Voter turnout – Percentage of eligible who voted in the last election | 75.9 | 67.9 | 68.0 | 45.4 | 87.4 |

Source: County Health Rankings and Roadmaps www.countyhealthrankings.org

Table 5: Social and Economic Factors in Washoe County (continued)

| Social and Economic Indicator | Washoe County | Nevada | United States | Nevada Minimum | Nevada Maximum |
|--|---------------|--------|---------------|----------------|----------------|
| Community Safety | | | | | |
| Violent crime (2022) – Number of reported violent crime offenses per 100,000 population | 220.5 | 657.0 | 386.0 | 39.0 | 891.5 |
| Injury deaths – Number of deaths due to injury per 100,000 population | 94.0 | 80.0 | 76.0 | 73.2 | 131.4 |
| Homicides – Number of deaths due to homicide per 100,000 population | 4.9 | 6.6 | 6.0 | 3.3 | 7.4 |
| Suicides – Number of deaths due to suicide per 100,000 population (age-adjusted) | 21.3 | 20.0 | 14.0 | 18.4 | 34.5 |
| Firearm fatalities – Number of deaths due to firearms per 100,000 population | 16.4 | 17.1 | 12.0 | 16.1 | 31.2 |

Source: County Health Rankings and Roadmaps www.countyhealthrankings.org

Table 6: Physical Environment in Washoe County

| Physical Environment Indicator | Washoe County | Nevada | United States | Nevada Minimum | Nevada Maximum |
|--|---------------|--------|---------------|----------------|----------------|
| Air and Water Quality | | | | | |
| Air pollution – particulate matter – Average daily density of fineparticulate matter in micrograms per cubic meter (PM2.5) | 6.0 | 4.2 | 7.4 | 3.6 | 8.4 |
| Drinking water violations – Percentage of population potentially exposed to water exceeding a violation limit during the past year | Yes | – | – | – | – |
| Housing and Transit | | | | | |
| Severe housing problems – Percentage of households with overcrowding, high housing costs, or lack of kitchen or plumbing facilities | 17.2 | 18.5 | 10.7 | 4.1 | 19.7 |
| Driving alone to work – Percentage of workforce that drives alone to work | 73.1 | 75.2 | 73.0 | 56.0 | 82.2 |
| Long commute – driving alone – Among workers who commute in their care alone, percent commuting > 30 minutes | 24.1 | 31.8 | 37.0 | 13.5 | 49.0 |
| Traffic volume – Average traffic volume per meter of major roadways in the county | 732.6 | 616.4 | 505.0 | 2.5 | 732.6 |
| Homeownership – Percentage of owner-occupied housing units | 58.4 | 57.8 | 65.0 | 48.1 | 96.5 |
| Severe housing cost burden – Percentage of households that spend 50% or more of their household income on housing | 13.9 | 16.0 | 14.0 | 5.7 | 21.8 |
| Broadband access – Percentage of households with broadband internet connection | 88.2 | 87.3 | 87.3 | 69.0 | 91.9 |

Source: County Health Rankings and Roadmaps www.countyhealthrankings.org

Table 7: Washoe County Demographics

| Demographic Indicator | Washoe County | Nevada | United States | Nevada Minimum | Nevada Maximum |
|---|---------------|-----------|---------------|----------------|----------------|
| Population – Resident population in 2020 | 493,392 | 3,143,991 | 331.5 MIL | 743 | 2,292,476 |
| Youth population – Percentage of population below 18 years of age | 21.2 | 22.2 | 21.7 | 12.6 | 27.2 |
| Elderly population – Percentage of population ages 65 and over | 17.2 | 16.5 | 17.3 | 33.1 | 12.7 |
| Non-Hispanic white population – Percentage of population self-identifying as non-Hispanic white | 60.9 | 46.6 | 58.9 | 39.7 | 83.9 |
| Non-Hispanic black population – Percentage of population self-identifying as non-Hispanic black | 2.4 | 9.6 | 13.6 | 0.7 | 12.3 |
| American Indian and Alaska Native population – Percentage of population self-identifying as AI/AN | 2.3 | 1.7 | 1.3 | 1.3 | 18.3 |
| Asian population – Percentage of population self-identifying as Asian | 6.1 | 9.1 | 5.9 | 0.9 | 10.9 |
| Native Hawaiian and Other Pacific Islander population – Percentage of population self-identifying as NA/PI | 0.8 | 0.9 | 0.3 | 0.02 | 1.0 |
| Hispanic population – Percentage of population self-identifying as Hispanic | 25.9 | 29.9 | 19.1 | 7.8 | 32.3 |
| Female population - Percentage of population self-identifying as female | 49.3 | 49.6 | 50.3 | 35.2 | 49.9 |
| English proficiency – Percentage of population that is not proficient in English | 3.0 | 5.3 | 8.3 | 0.02 | 6.3 |

Source: County Health Rankings and Roadmaps www.countyhealthrankings.org, United States Census Bureau data.census.gov



Health and Healthcare in Nevada in Washoe County – 2023 is a publication from the Nevada Health Workforce Research Center in the Office of Statewide Initiatives at the University of Nevada, Reno School of Medicine.

The mission of the Office of Statewide Initiatives is to improve the health of Nevadans through statewide engagement, education, and research.

The vision of programs in the Office of Statewide Initiatives is to promote health and prevent disease, as well as provide technical assistance that increases access to high-quality health care for all Nevadans.

The purpose of the Nevada Health Workforce Research Center is to improve the collection and analysis of data on health workforce supply and demand to enhance health workforce planning and development in Nevada.

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